

# THE 2<sup>nd</sup> Annual FLATTOP 5K

In honor of Bill Pinkham

*To Benefit the Sumner High School Runners' Scholarship Fund & Lamoine Parks Commission*

Come and celebrate the memory of Bill Pinkham by running or walking in a fast 5K on country roads that Bill ran on many times. The date is March 31, 2007, the time is 9:30, the place is the Lamoine School in the village of Lamoine on Rt. 184. Runners and walkers should report to the school for registration which will be open at 8:00 for those not pre-registered. Please report at least 30 min. before the start. The school will be available for changing clothes after the race, refreshments and the awards. Male and female age groups 1-10, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and up. First male and female walkers. The Flattop 5K is presented by the Lamoine Parks Commission and Bill's running friends and family.



Enjoy a new fairly flat course.  
T Shirts to the first 50 pre-registered.

## Registration form

Name \_\_\_\_\_ M F Age \_\_\_\_\_ T Shirt Size s m l (circle)  
Address \_\_\_\_\_  
Phone \_\_\_\_\_ or \_\_\_\_\_

Fee \$10.00. Please make checks payable to "The Flattop 5K"  
Please send entry to: Robin Emery, 11 Lamoine Beach Rd., Lamoine, ME 04605

Directions: Follow Route 1 through Ellsworth. Turn right on Route 184. The Lamoine School is about 6 miles from the intersection of Routes 1 & 184

Waiver: I know that running a road race is a potentially dangerous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including but not limited to: falls, contact with other runners, the effects of weather, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of accepting my entry, I waive and release Eden Athletics, the Lamoine Parks Commission and all sponsors and the Town of Lamoine for all claims or liabilities of any kind arising out of my participation in this event. Questions?: Call Robin Emery at 667-9219 or Tom Kirby at 667-9771



Signature \_\_\_\_\_ Parent if under 18 \_\_\_\_\_